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NEWS
WORTH
SHARING.

Missing women a problem for Canada: Group

Murders like Loretta Saunders' not just a First Nations issue: Native Women Assoc. **PAGE 10**

Hounds refine sound in 2nd time around

Local group Gloryhound riding high as they head to the Seahorse Tavern **PAGE 22**



Israel agrees to 5-hour halt to Gaza onslaught

UN-brokered 'humanitarian pause' to end what witness calls a 'massacre' **PAGE 19**

Just another day at the golf course

Factory worker John Singleton takes off work to play the British Open **PAGE 26**

Brothers guilty of killing Melissa Peacock

Life sentences. Victim's family satisfied with decision as killer Dustan Preeper swears at court

The grandfather of murdered Dartmouth woman Melissa Dawn Peacock told reporters that "justice has been served," after two brothers charged in her death were sentenced to life in prison.

At Supreme Court in Halifax on Wednesday, Dustan Joseph Preeper, 26, pleaded guilty to first-degree murder, while Joshua Michael Preeper, 22, pleaded guilty to second-degree murder.

Dustan Preeper also pleaded guilty to second-degree murder in the death of Ben Hare, who was found dead outside a Truro apartment building in 2010.

"Melissa was very, very close to me. I spent a lot of time with her and someday I'll see her,"

Brutal killings

"These were indeed heinous crimes."

Justice James Chipman



Dustan Preeper was sentenced to life in prison. **TRURO DAILY NEWS FILE**

said her grandfather Rufus Peacock, one of many family members wearing a shirt with Melissa's picture.

Details of Peacock's killing were read in court from an agreed statement of facts, including how the 20-year-old victim was stabbed, dragged into the woods and set on fire.

The Dartmouth woman went missing in November 2011. Her remains were found near Upper Stewiacke in the summer of 2012.

"Two young and promising persons are now gone forever, and all that we have are their memories," said Justice James Chipman.

Chipman accepted the joint recommendation from the Crown and defence lawyers, handing Dustan Preeper a life sentence with no parole eligibility for 25 years in the

Peacock murder, as well as a life sentence with no parole eligibility for 12 years in Hare's killing.

Joshua Preeper was given a life sentence with no parole eligibility for 12 years in Peacock's murder.

Prior to being sentenced, Dustan Preeper was asked if he had anything to say and told the court loudly, "you can all go f— yourselves" while giving the finger, resulting in gasps from the gallery.

"What are you going to do, give me another 25 years?" the killer said after the judge stated his comments were inappropriate.

Friends and families of the victims clapped as the judge ordered him to sit down, to which he turned around in the bench and pumped his fist into the air with a sarcastic whoop.

Rufus Peacock said Dustan Preeper's statement was "horrendous" and "does not say much" about his character, as well as making things difficult for families on both sides.

"Justice has been served and we're thankful for it so we can go on with our life," he said.

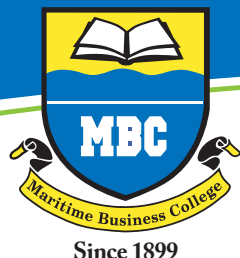
HALEY RYAN/METRO

MORE COVERAGE, PAGE 3



Melissa Peacock's friends and family members walk out of court Wednesday, including her grandfather Rufus Peacock, front right, and Melissa's brother Tyler Peacock, 17, following behind.

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Loss 'turned my life upside down': Brother

Family devastated.

Court hears gruesome details of Melissa Peacock's murder



HALEY RYAN

haley.ryan@metronews.ca

Melissa Peacock's nine-year-old sister wrote to the Nova Scotia Supreme Court that she has a fear she will "end up like Melissa" whenever she moves away.

On Wednesday, the court heard details from the agreed statement of facts on how the 20-year-old Dartmouth woman was killed in 2011, and around Ben Hare's murder in 2010.

Dustan Preeper and his brother Josh Preeper, who both pleaded guilty on Wednesday to murdering Peacock, picked her up in the Windmill Road area on the evening of Nov. 7.

She had just gotten to know Dustan on Facebook, and he initiated a long exchange of texts that day by explaining his connection to her through a cousin.

They drove to a Hants County residence off Highway 14 that night where they continued to party. The record said Peacock was highly intoxicated, and not feeling well when Josh



Joshua Michael Preeper, 20, of Kennetcook, is escorted into Truro provincial court in 2012. TRURO DAILY NEWS FILE

Preeper saw her go outside and get into Dustan's car.

He believed she had meant to take the car, and took the keys from her before telling Dustan.

Around 3:30 a.m., both men told Peacock they were driving her home but instead went to Old Renfrew Road in Upper Rawdon. Dustan stabbed Melissa and told Josh to drag her into the woods, while she was breathing heavily.

Dustan poured gasoline on Peacock and told Josh to light it, which he did and the pair returned to the Hants County residence.

Later on Nov. 8, the court heard the brothers returned

Family's loss

"Melissa is a sister that nobody can replace."

Josh Slauenwhite, 10, in his victim impact statement

to the site and took Peacock's burned remains to a wooded area near Stewiacke where they buried them.

In conversations with an undercover police officer between June and July 2012, Dustan said he planned on killing Peacock because he was mad at her for attempting to steal his car.

Two of Melissa Peacock's younger siblings submitted

drawings of hearts, flowers and an image of Melissa along with their victim impact statements.

"I fear that I will end up like Melissa when I move away. So I am not moving away until I have a husband," nine-year-old Madison Slauenwhite wrote. "My friends talk about her all the time and it makes me sad."

Ten-year-old Josh Slauenwhite wrote that "Melissa is a sister that nobody can replace."

Peacock's 17-year-old brother, Tyler Peacock, said in his statement, "Losing Melissa has turned my life upside down. The pain I'm feeling is unimaginably excruciating," while Peacock's mother, Ruth Slauenwhite, wrote, "I have lost



Melissa Peacock CONTRIBUTED

the opportunity to say a proper goodbye to Melissa, which haunts me everyday."

Both Ruth and James Slauenwhite, Peacock's stepfather, said the tragedy has taken a toll on their relationship and changed how they interact with their other children.

Victim impact statement

"Our Ben will never age, he will never get married, he will never have children."

Ben Hare's aunt, Kim Prior, in her victim impact statement



Tiny White, Dustan Preeper's aunt, speaks to media outside Supreme Court. MITCH WARD/FOR METRO

Aunt explains Preeper's actions

The aunt of Dustan Preeper said Wednesday she was not surprised at his outburst in court Wednesday because he has Asperger "tendencies," and he didn't go looking for trouble in the case of Ben Hare.

When asked if he wanted to say anything before the judge delivered his sentence for two counts of murder against Melissa Peacock and Hare, Preeper said "you can all go f— yourselves" and gave the finger to the gallery.

Tiny White, Preeper's aunt, told reporters outside court that Preeper has "tendencies of Aspergers" and attention deficit disorder (ADD).

"Does it surprise me that he said anything? Not at all," she said.

When asked if the court appearance was difficult for their family, White choked back tears and nodded before saying, "it is."

In Supreme Court, the agreed statement of facts read

Hare attacked Dustan Preeper on July 7, 2010 outside a Truro apartment building where Preeper was outside drinking with friends, and stabbed him in the face and back.

During the ensuing fight with both men's groups of friends, Preeper obtained an aluminum baseball bat and struck Hare with it, who then fell to the ground unconscious.

The court heard Preeper chased others off the property then returned to hit Hare mul-

tiples times in the head and chest while he lay prone on the ground.

White said the whole incident wouldn't have happened if Hare had not initiated the assault, and said she was told at the hospital Preeper wouldn't have survived if the wounds had been another "eighth of an inch."

"Dusty didn't go looking for the trouble," she said. "He is not a monster."

HALEY RYAN/METRO

1 NEWS



Feel that burn

Lisa Moore of Core Essentials leads the first lunchtime fitness class at Ferry Terminal Park at Alderney Landing, in Dartmouth on Wednesday. The Downtown Dartmouth Business Commission is sponsoring the free classes every Wednesday until Aug. 27. *DESIREE FINHERT/FOR METRO*

NSCAD University should remain autonomous: board

Education. Art school doesn't want to merge with Dalhousie or Saint Mary's

The board of governors at Canada's oldest independent arts university says the school should remain autonomous

rather than merging with other universities in Halifax.

The board of NSCAD University, formerly the Nova Scotia College of Art and Design, says it considered a study into an affiliation with Dalhousie University or Saint Mary's University and concluded independence is its best option.

NSCAD University president Daniel O'Brien says he is hope-

ful the board's decision puts to rest further speculation of an affiliation, consolidation or merger, and the board has told management to abandon such plans and pursue collaborations with the two schools instead.

The study found NSCAD University is already collaborating with other post-secondary institutions for research, servi-

ces and programming.

The consultants say any affiliation would not lead to savings and could actually cost more.

NSCAD University has struggled financially in recent years, an issue that originally prompted it to consider an affiliation. But the board said it has made progress on reducing its deficit and debt. **THE CANADIAN PRESS**

Crime. Police looking for suspects who stole from hotel vending machines

Halifax police are trying to identify several people who are alleged to have stolen from hotel vending machines in downtown Halifax.

Since early June, police say they have responded to nine thefts from vending machines, which have taken place at various hotels. Police say in each instance, the suspects forcibly broke into the machines and stole money and products.

"They are literally destroying the machines," said Halifax Regional Police spokesman Const. Pierre Bourdages.

"I don't have a tally (on money) or what kind of products were taken."

Surveillance video has been recovered from two of the thefts and shows what police believe to be the people involved. On Wednesday, police released six



One of the photos released by police.
COURTESY OF HALIFAX REGIONAL POLICE

stilled pictures from the videos to see if the public can help identify them. Anyone with information is asked to contact police at 490-5016 or Crime Stoppers. To see all the photos released by police, visit apps.halifax.ca/news/article/2134 **PHILIP CROUCHER/METRO**

Minor injury. Car hits pedestrian in Dartmouth crosswalk

A 30-year-old man injured his arm Tuesday when he was struck in a crosswalk by a car, police said.

Just after 11 p.m., Halifax Regional Police responded to a motor vehicle accident involving a pedestrian at the intersection of Roleika Drive and Caledonia Road in Dartmouth.

Police said the driver of the car was travelling northbound

on Caledonia when he made a right turn onto Roleika, immediately striking a man in a marked crosswalk.

The 30-year-old victim suffered a minor injury to his arm, police said.

The driver, a 66-year-old Dartmouth man, was issued a ticket for failing to yield to a pedestrian in a crosswalk.

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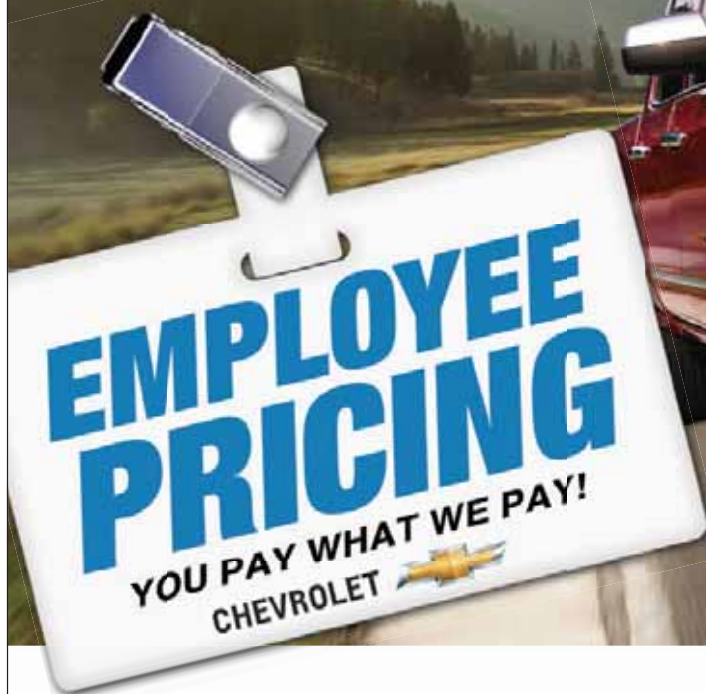
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With Toronto having hosted World Pride celebrations this summer, Metro Canada is showing its support for the LGBTQ community with its first Canadian guest editorship. Multiple Juno winners Tegan and Sara are using their guest editorship to acknowledge some of the young people across Canada who are working to make a difference in the LGBTQ community

Proud by design

TEGAN
QUIN
For Metro

Year after year, album after album, our music has offered our fans a soundtrack for their experiences in life and love. The process of sharing our music with our fans and having them share their experiences with us is a cathartic cycle. As we have become more successful, that cathartic cycle has become about much more than love and loss in the romantic realm. Fans aren't just sharing stories about heartbreak related to romance, they are sharing stories about heartbreak related to being LGBTQ. Awful tales of being kicked out of their houses for being gay; sad stories about their parents forbidding them to see their same-sex partners; gut-wrenching accounts about being bullied at school because they are queer.

As sad as these stories have been, increasingly they've started to have a current of hopefulness pulsing through them. One after another,

Online only

Tegan and Sara share a few words about other LGBTQ Canadian musicians online at metronews.ca

our LGBTQ fans have told us our music is helping them through. Parents have started coming to our shows with their LGBTQ teenagers to thank us for being role models. They have questions and worries just like our Mom did when we came out: Will the world accept my child? Can my child still be successful and gay? The answer is yes. Emphatically, yes. We hope our success brings peace to these parents and reassurance to the young LGBTQ people we talk to each day. Most of all we hope to continue to be a beacon of change to the mainstream.

When we started our career 16 years ago, we did not have the foresight to know how significant being out would be to

our career and lives. However, we always had an instinct that being open and honest about our sexuality — with media and fans alike — was the only way to live in our public life. It felt counterintuitive to hide who we were when our music was so sincere and transparent. Sara and I were aware that our career and audience would be better served by brutal honesty and openness rather than omissions about our experiences as gay people. How could we possibly sell our music if we weren't open about the content of the music?

Looking back, I'm proud that we had the fortitude to withstand some of the sexism and homophobia we faced. Though, truthfully, when I reflect on those early days, I don't often see us struggling or hurting over these obstacles. I just see two really strong kids, irritatingly confident, forging ahead in face of anything that was thrown our way — just like I see so many of our young fans in the LGBTQ community doing themselves today.



Tegan and Sara, always open about their sexuality, "hope to continue to be a beacon of change to the mainstream." LINDSEY BYRNES

With this issue of Metro, we aim to introduce you to a legion of queer heroes we admire. Young people who

are making big changes, not only in the LGBTQ world, but also the mainstream. We want to focus on the success

stories from our community and the incredible work being done by amazing queer people in Canada!

Revelling in a riotous rainbow of messages

A picture's worth a thousand words.

Emy Storey's Revel & Riot T-shirts speak for themselves

AUSTEN
GILLILAND
For Metro

It was only natural that Emy Storey would eventually turn her hand to a project beyond designing band T-shirts and album cover art.

"I had wanted for a long time to fuse the personal and political and pursue a project that was involved with gay rights," says the Montreal-based graphic designer about the impulse that led her to start Revel & Riot.

"In terms of graphics representing the movement, there really hadn't been a lot. You'd go into a gay bookstore and you'd try to buy a T-shirt and it always looked the same," she says, referring to the rainbow

and pink triangle designs — images that haven't changed much since the 1970s.

So Storey applied her graphic design talents to the problem, creating new takes on the classic imagery and printing them on T-shirts.

"Especially with something like personal identity, expressing your support for LGBTQ people or trying to express that fact about

yourself, a T-shirt seems like a really great medium, because you wear it on your chest," she says. "You really can't get any more personal than that."

The images are intriguing, thought-provoking, and resonate deeply with the cause.

Take, for example, Storey's rainbow mountain design. "I wanted to pay respect to the rainbow — it's beautiful, it's something that brings gay people a lot of comfort and pride and recognizability, but I wanted to do something new with it," she says.

Thinking of the ongoing struggle of the LGBTQ community's fight for equality, she says, "I had this idea of a mountain, and how in fact despite all the progress (we've made), there's so much more mountain to climb." It's one of Revel & Riot's most popular T-shirts.

Other designs, including Life Goes By Too Quickly, a re-imagining of the LGBTQ acronym, and We Are the Gay Kids, a representation of the diversity of the LGBTQ community, are available on the website; products include buttons, tote bags and paintings, with prices ranging from \$5 to \$500.

Proceeds from sales fund the organization's work promoting LGBTQ rights, awareness and equality. Revel & Riot also provides a wide range of LGBTQ resources online, including a database of community organizations, articles and videos. But it always comes back to the art.

"It's interesting what graphics can do," Storey says.

"It's profoundly important to have writing and resources and material available to support the message ...

"But good graphics can bring people to the cause in the first place. It catches someone's eye, they share the image — it's a very effective way to get a message across quickly."



Good graphics! Designer Emy Storey promotes equality with her message T-shirts. EMILIE DESRUÈS

The filmmaker's progress

What I Love About Being Queer. From short film to Tumblr account to book: The evolution of Vivek Shraya's multimedia project

AUSTEN GILLILAND
For Metro

"I try to focus on the ways the world has gotten better for queer people, especially in my lifetime," says Vivek Shraya, "but hearing people who are 10 years younger than I am going through the same thought processes I was going through when I was coming out — 'My parents won't accept me. I think I'm disgusting. Is this a phase? Will it go away?' — that self-hate, I find really disturbing."

Shraya is a human rights adviser by day, a musician, filmmaker and author by night. It was his interactions with the LGBTQ students he met through his work for Diversity, Equity and Human Rights Services at Toronto's George Brown College that inspired one of his biggest projects to date: What I Love About Being Queer.

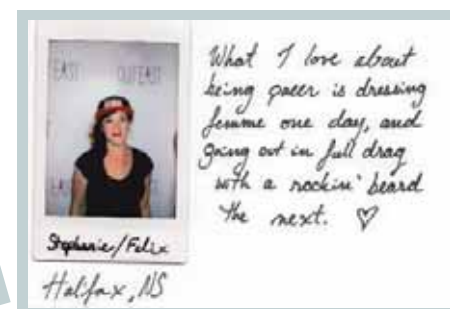
"I wanted to create a project that showcased the positive aspects of being queer," he says. "To say to these students, 'Hey, you know, this complicated part of yourself that you don't know how to reconcile right now is also something that makes you beautiful. It's something that should be celebrated.'"

To answer their questions, he asked one of his own. "I thought, Why not ask people what they love about being queer?" Shraya says. It was a question he wasn't sure he could answer himself. "I think a lot of us have grown up in a world where we learned the opposite first; where we learned all the negative things about being queer." Growing up as a gay South Asian in Edmonton in the '90s, he was well acquainted with the negatives — homophobia and a sense of isolation, just to start — but this was a chance to refocus.

He set up his film equipment in his living room and asked friends to contribute, then reached out to "people who had inspired me: Educators, activists, artists. I wanted a lot of people of colour; that was important to me." In the end, the film featured 34 people — but Shraya didn't want to stop



Vivek Shraya's project funds an LGBTQ student leadership award. CONTRIBUTED



there.

"I was increasingly aware that there was no way for me to actually fully capture the amazing diversity of the queer community," he says. That's where Tumblr came in. "That made it an open project. Anyone, anywhere, could submit their answer." Within six months, he had more than 200 submissions from around the world.

The idea for the book came from his friend Farzana Doctor, a Lambda-winning author and project contributor, who suggested that publishing a coffee-table book would be a great way of extending the reach of the project.

At first, Shraya wasn't convinced. "It's really powerful to see so many different queer bodies expressing what they love about being queer on film," he says. He worried that immediacy and intimacy would be lost on paper.

But then he thought about what the book would have meant to him as a young man. "If someone had handed me a book like that when I was 16, when I was struggling with

who I was ... I couldn't have imagined something like this, then," he says.

Shraya approached his manager at George Brown, Dale Hall, with a proposal: If the department could help fund the project, he would donate the proceeds to a leadership award for LGBTQ students. "I gave a 10-minute presentation," he says, "and I said, 'Do you have any questions?' She said, 'Nope,' and that was it. She's been a real champion of this project."

With Hall's support, the book came together quickly. It features selections from the film and Tumblr, plus contributions made by audience members at screenings. Familiar faces, including Sook-Yin Lee and Tegan Quin, are surrounded by photos and quotes from queer people from all ages, races, orientations and corners of the globe.

Sales have been global, too. Shraya has shipped copies across North America, and to Germany, Peru, Brazil and India. They've already raised more than \$11,000 for the Positive Space Award, and the book was recently nominated

for a Lambda Literary Award.

In a world where so many cultural representations of the gay community have a tragic aspect, Shraya is happy to focus on the positive.

"Those [tragic] stories are important to showcase, but I also think it's important to show that we have rich lives," he says.

When I met Vivek over 10 years ago, I was struck by how positive he was. Especially considering that we "met" via Vivek throwing a CD at me on stage, and narrowly missing my head! Backstage I was blown away by his candour. He has the most infectious laugh I've ever encountered in my life. Until recently I just thought of him as a dear friend and a very talented musician. But Vivek surprised me — and probably a lot of other people — by creating a massive body of work in the last few years that stepped far beyond music. Starting with an incredible and inspiring book called *God Loves Hair*, he embarked on a creative journey that has left songs, books, and movies in its wake. One of his most inspiring pieces is a book called *What I Love About Being Queer*. A collection of queer people describing what they love about being queer (duh?!). In my humble opinion, it's a coffee-table book that should be mandatory in every Canadian's household. I was thrilled to be part of it, and when my copy showed up at my house it moved me to tears. A truly lovely artist making a BIG difference in the world today. TEGAN QUIN

AUGMENTED REALITY

→ Think you know what LGBTQ looks like? Think again. Scan this photo with your Metro News app for a video featuring some of the contributors to What I Love About Being Queer!



→ See the full instructions on Metro's Voices page.

Queer body of work

What I LOVE about being QUEER

Find What I Love About Being Queer at George Brown College bookstores, Glad Day Bookshop (gladdaybookshop.com), or Vivek Shraya's website (vivekshraya.com).



Along with his What I Love About Being Queer project, Vivek Shraya also wrote *God Loves Hair*, a collection of 21 short stories about a child navigating the complex realms of sexuality, gender, racial politics, religion, and belonging. Visit metronews.ca for excerpts and a video of Shraya reading from the collection.



What goes into designing a T-shirt? Revel & Riot's Emy Storey gives us insight into some of her creations online at metronews.ca.



'Talk about homophobia, shine a bright light on it'

Don't Be Afraid.

Victim of stabbing turns story into positive awareness campaign



HALEY RYAN

haley.ryan@metronews.ca

A Nova Scotia man who lost the use of his legs after being stabbed in what some believe to be a hate crime is turning the dark experience into a rainbow-coloured message of support across the world.

Scott Jones, an openly gay musician from the small town of New Glasgow, N.S. was stabbed in the back twice and had his throat slashed by another man after leaving a bar with friends last fall.

"I didn't know what to do. I was scared of what my life was going to be like. Initially, all I could feel was my fear," Jones said in an online note to supporters. "Some days it was hard to breathe."

Jones has said he believes he was attacked because he was gay, but spent the first weeks after the incident in a Halifax hospital thinking about how to turn his horrific experience into something positive.

He wrote that "love started to pour in" through messages, cards, people bringing food and organizing fundraisers to



Scott Jones, with friends and supporters, at an anti-homophobia rally in Halifax in April. PATRICK MCKENNA/FOR METRO

"Don't be afraid". Not easy to say when you've experienced quite possibly the most horrific thing that can happen to a person. But somehow Scott Jones was able to turn a hate crime that left him paralyzed into a message of hope for people who are living in fear because of their sexual orientation. Change only happens when we make it happen. And Scott is making it happen. We are less afraid because of people like him. TEGAN QUINN



bring in funds for a wheelchair and future medical expenses. "There is something so beautiful about human beings trying to help other human beings in need," he wrote.

Jones and a few friends started the Don't Be Afraid

campaign to raise awareness and start a dialogue around homophobia by promoting acceptance. He wrote that the campaign "was an integral part of my recovery, and it continues to motivate me to face my own fears in this new chapter of life."

Shane Matheson, the 19-year-old accused of stabbing Jones, pled guilty to attempted murder in March.

At an anti-homophobia rally in Halifax this May, Jones said the only way to change these phobias is to talk about them frequently and openly. "They're just walls and you can bring them down much easier than the walls of a house," he said.

The rainbow-painted signs for the campaign have been showing up across Canada and dozens of countries like Ugan-

Pride parade

Scott Jones will be the grand marshal of the annual parade on Saturday, July 26

da, Peru, Argentina and Poland through pictures on the campaign's Facebook page.

According to the website supportscottjones.com, \$197,173 had been raised by January. The funds will go directly towards setting up educational and awareness programs in Atlantic Canada.

Jones said the goal is to eventually hold events that incorporate art with the Don't Be Afraid message, and in the meantime "talk about homophobia, shine a bright light on it, so that the fear it spreads can be dissolved."

In the pink

Jer's Vision gives youth safer space

Founded nine years ago, Jer's Vision has been engaging and empowering youth across Canada in addressing homophobia, transphobia and bullying.

The youth-run organization offers workshops, mentors students and youth communities to improve and create safer space, and holds LGBTQ & Ally youth conferences across the country to support youth in running diversity clubs.

Jer's Vision is also behind the International Day of Pink (held the

second Wednesday in April), when more than 9.5 million Canadians wear pink to stop bullying, homophobia and transphobia.

Jeremy Dias, who, after coming out in high school in Sault St. Marie, Ont., was severely bullied, created the organization. When he was 17, he filed a legal case against the school and school board and at 21 he won the Canada's second-largest human rights settlement. He used that money to found Jer's Vision: Canada's Youth Diversity Initiative, the International Day of Pink and the Jeremy Dias Scholarship.

For more information on Jer's Vision, visit jersvision.

org. METRO



Jeremy Dias. CONTRIBUTED

I never wear pink. It's not really my style. Or my colour. But every second Wednesday in April I do. Why? Jeremy Dias did the opposite of what so many people who are bullied and do — he ran toward the system that failed him, fought it, won and made change. He didn't run away. He continues to fight, make change, educate and inspire. So when he says wear pink, I say yes sir. TEGAN QUINN

Waving the PFLAG for trans awareness



Not All Prisons Have Bars print campaign. CONTRIBUTED

A new campaign from PFLAG Canada (Parents, Families and Friends of Lesbians and Gays) is raising awareness that transgender people are not simply deciding to change gender, but trying to make how they feel inside match how they look outside. Launched in April, the print campaign features a man and a woman wearing masks of the opposite gender with the slogan: "Not All Prisons Have Bars. Support Trans Awareness." A video campaign has also been launched.

As part of its previous Sharing Out Stories campaign, PFLAG featured a mother, Jennifer, sharing the story of her transgender child. Visit metronews.ca to see this video. METRO

PFLAG has a new campaign focused on trans awareness. Often people forget the "T" in mainstream, but in the LGBTQ community as well. We're glad to see PFLAG on the front lines of this next very important human rights fight. TEGAN QUINN

What's in an 'M' or 'F'? Acceptance

A liquor store cashier sees a woman approaching the counter to pay and asks to see her ID. It is handed over and the cashier sees an "M" under the sex category.

"Imagine the look the cashier would give you, right?" said Jessica Durling, who added that many trans people regularly encounter situations like this. "If that word got around in your community, something like that could put you in danger."

Durling, an 18-year-old University of King's College student, has gathered more than 600 signatures for a petition to ask the Nova Scotia government to make it easier for transgender citizens to change



Jessica Durling. JEFF HARPER

the sex designation on their birth certificate.

Currently, Durling said those who apply for this change are required to have "transsexual surgery" but she says some don't want surgery or can't have it due to medical reasons.

Durling said she was happy to see Alberta change its requirements in June, when a 12-year-old transgender boy was presented with a new birth certificate that changed the "F" to an "M."

"It's a perfect example of no terrible things will come out of this," Durling said. "No giant riots, there will be no bureaucracy falling apart ... All it does is help people."

Durling believes 12 isn't too young for someone to know their gender. She said she knew she had a "girl's soul trapped in a boy's body" when she was five years old.

"I didn't know what transgender was until much later

in my life, but I knew," Durling said. "If you have an amazing, supportive family around you, what do you have to lose by being yourself?"

She said there has been lots of support from the LGBTQ community around the petition, and once it has 1,000 signatures Durling will bring it to Province House.

Although Durling said awareness around transgender issues is growing, discrimination does happen and it's important for all Canadians to educate themselves. "Why do people have to be hurt for being different? And who declares who is different?"

HALEY RYAN/METRO



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Missing, murdered aboriginal women called a national issue

Harper government urged to action.

Native groups want inquiry into 1,100 women lost

The president of the Nova Scotia Native Women's Association says the issue of missing and murdered aboriginal women is an issue that should concern all Canadians.

Cheryl Maloney was one of many speakers during the A Circle of Hope event at the World Trade and Convention Centre on Wednesday, where the Assembly of First Nations has been holding its 34th Annual General Assembly this week.

"Canadians have to realize that the safety issue in our cities, in our streets, in our towns and on our highways, there's no answer for you either as Canadians," Maloney said in an interview.

The NWA and AFN has been calling on the Harper government to launch an inquiry into the 1,100 missing and murdered aboriginal women in Canada.

The demand for an inquiry has been strong in Halifax since the February murder of Saint Mary's University student Loretta Saunders, who was an Inuk woman.

"If those streets are not

safe, and it's okay to kill an aboriginal girl or woman, than what's the difference?" said Maloney. "Eventually, it's going to be more of you. It's just not a safe place to live, and not just for aboriginal people."

About 400 aboriginal people from across Canada crowded the conference centre's ballroom to dance, drum, sing and give speeches about the women who have disappeared over several decades.

Michèle Audette, president of the Native Women's Association of Canada, said the gathering was about sending a message of solidarity to the Canadian people and government.

"We're telling you to bring your ministers, to sit down and have that real dialogue with the AFN," said Audette.

The call for an inquiry has been going on throughout the Harper administration without any government movement.

Maloney said advocates are starting to pressure opposition leaders to commit to the inquiry after the federal election.

"We won't get an inquiry with the Harper government," said Maloney. "If we do, it will be a slap in the face. Honestly, anything they do would just be to look good for an election year."

THE CANADIAN PRESS



Donna Augustine (left) and Peggie Wentzell sing and drum during a Circle of Hope event at the World Trade and Convention Centre Wednesday. Inset: Loretta Saunders. DESIREE FINHERT/METRO; INSET: FACEBOOK

Education reforms

First Nations considering options

Chiefs attending an annual gathering of the Assembly of First Nations are mulling several counter-proposals to a controversial Conservative bill

to reform aboriginal education.

But none of the draft resolutions put forward at the three-day meeting in Halifax recommends accepting the legislation as it is now written — potentially setting the stage for a showdown with the Harper government over First Nations education.

Aboriginal Affairs Minister Bernard Valcourt's office has flatly said the bill will remain on hold and no new money will be spent until the AFN gets behind the legislation.

The big question now is whether aboriginal leaders can find common ground with the Conservatives and somehow salvage the bill and

all the money that comes with it, or if they will continue to reject it, leaving the legislation in limbo.

Either way, it's unclear if \$1.9 billion tied to the original bill is still on offer. The minister's office would only repeat a talking point from earlier this year, when asked if the money is still on the table.

Quoted

"If someone is in my backyard killing a native, is that OK? That's what Canadians have to ask."

Cheryl Maloney, president of the Native Women's Association

TOP SIX @ 6 Weeknights at 6 KB counts down the HOTTEST songs of the day

6 Mike Boyd 1 Hit Wonder

5 Pharrell Williams Come Get It Bae

4 Demi Lovato ft Cher Lloyd Really Don't Care

3 Maroon 5 Maps

2 Ariana Grande ft Iggy Azalea Problem

1 Disclosure ft Sam Smith Latch

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Safe

Missing Dartmouth teen found in Halifax

Police have located a missing Dartmouth girl after she was reported missing for the second time in two months. Amber Rose Dowell, 14, was reported missing on July 12. Police said she was found unharmed in Halifax on Tuesday night. Dowell was also reported missing by police in May, and was safely found about two weeks later. METRO

Arthur outages

NSP under review

The Nova Scotia Utility and Review Board has told Nova Scotia Power to provide a report next month outlining its state of preparedness and its response to post-tropical storm Arthur.

The board is conducting a review of how the power company responded to the storm, which at its peak knocked out power for 250,000 people in both Nova Scotia and New Brunswick when it hit July 5.

THE CANADIAN PRESS

Cape Breton

Police identify woman killed in tour bus crash

Police have released the identity of a Pennsylvania woman in her 70s who was killed in a tour bus accident in Cape Breton.

RCMP Sgt. Al LeBlanc says Joyce Bowers of Ephrata, Pa., died from injuries she suffered when the bus went off the road Sunday on the Cabot Trail highway.

The Mounties said 10 people were hurt when the bus landed on its side about



The tour bus accident. CAPE BRETON POST

three kilometres south of Neil's Harbour, and eight remain in hospital.

The RCMP ruled out mechanical failure as a contributing factor in the crash.

THE CANADIAN PRESS



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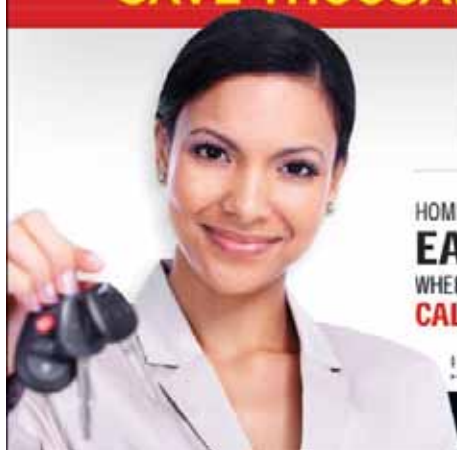
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Amazing Race Canada. Halifax Kings surfed and turfed from competition

The second leg of The Amazing Race Canada turned on a shoulder.

Halifax married couple Jen and Shawn King were the second team to be eliminated from the reality-show sprint after a surfing challenge left Shawn writhing on the beach, a bone protruding prominently through his skin.

Though he valiantly tried to correct the situation via sheer force, he ultimately had to be carted off to a hospital and the sweetly supportive King couple's race came to an end.

Kind and encouraging to one another even while they struggled this season, the Kings were again sanguine when informed of their elimination. Though Jen called the decision to abandon the race "one of the toughest" they had ever made, Shawn underlined that they didn't really lose — they simply stopped.

"Sorry to tell you you've been eliminated from The Amazing Race — for a split second, I thought, That's the



Jen and Shawn King
HANDOUT/THE CANADIAN PRESS

coolest thing anyone's ever said to me," said Shawn.

The East Coast Kings might have missed out on that Far East sojourn, but the lovable pair nonetheless took time on Wednesday to talk to The Canadian Press about their truncated Amazing Race Canada adventure.

When asked about his shoulder, Shawn said it's doing "pretty good."

"The recovery period to get back to normal is probably a couple weeks. It's always sore. It feels a little weak. So I just work on it. I know the routine."

THE CANADIAN PRESS

Owner of slain cat says she wants 'justice to be served'

'He was my best friend.' Julie Chisholm unable to make sense of brutal killing of her 'friendly' pet Wrangler

It just doesn't make any sense.

Julie Chisholm pauses in her thoughts and struggles to try to come to terms with why someone — a complete stranger — would so senselessly and viciously kill her "best friend" and family pet.

"He took him by the legs and swung him over his head (before slamming the cat to the ground)," she said of the report she received from an eyewitness to the grisly event.

"And I just couldn't believe it. I can't fathom (why)," she said, her voice trailing off.

Truro police have charged a 29-year-old man in relation to the cat's death that occurred about 3:20 a.m. Satur-



Julie Chisholm, shown with son Wyatt, is angry over the fact her family cat was viciously killed by a stranger last weekend. Inset: Three-year-old Wrangler.
TRURO DAILY NEWS; INSET: CONTRIBUTED

day on Fairview Drive, where Chisholm lives.

Police said they were informed by an eyewitness that the man allegedly coaxed the cat off a doorstep then grabbed it by the hind legs, lifted it over his head and swung it

down into the ground.

"He was my best friend. We had naps together, we ate together," the mother of two young children said of her three-year-old cat Wrangler, which her children picked out at the SPCA. "He was a very

friendly cat."

The man, who has yet to be identified, is expected to appear in provincial court next month. Chisholm said she plans to be there during the hearing but, in the meantime, she is left with feelings of anger and of being "violated."

"I've been snappier," she said of her mood since learning of the cat's death.

"I can't tell the kids (what actually happened)," she said, preferring instead to tell them the cat was hit by a car.

Normally, she said, Wrangler comes into the house for the night, but last Saturday he was later returning than usual.

And after waiting in vain all day Saturday for her buddy to return, it wasn't until that evening that she began seeing Facebook postings about the senseless killing and began to piece the puzzle together.

"I'm very angry. I just want justice to be served."

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HALIFAX PRIDE

Thursday, July 17, 2014

Celebrating uniqueness

Festival. Halifax Pride expected to welcome more than 120,000 attendees over 10 days

JEN
TAPLIN
For Metro

This year's Pride theme is Once Upon A Pride. But in the beginning, the festival celebrating diversity and LGBTQ+ culture was nowhere near as whimsical.

Halifax's first Pride March was in 1987, when 75 people took to the streets of North End Halifax. Several of the marchers wore paper bags over their heads to protect their identities and themselves from any repercussions.

"The evolution of the Halifax Pride Festival is its grown since then on an annual basis," said Ramona Westgate, Halifax Pride board chair. "We certainly built on that foundation, but we wouldn't have a festival if it wasn't for those 75 individuals who first marched

New events

- OutLOUD!, July 19, 10 p.m.-2 a.m., Michaels Bar & Grill (6100 Young St.)
- Out Best in Show (Pet Show), July 19, 1-3 p.m. (3484 Intercolonial St.)
- Trans Connect's ALL-Bodies Swim, July 19, 6:30-8:30 p.m., Centennial Pool (1970 Gottingen St.)
- Pride Youth Dance, July 24, 8-11 p.m. Garrison Grounds, Citadel Hill

and had the courage to do so."

At 10 days long (July 17-27), it's the fourth-largest Pride festival in Canada, welcoming more than 120,000 atten-



"Elle Noir" from the Divas, right, sprays a member of the Dyke softball team during the annual Dykes versus Divas softball game at last year's Halifax Pride celebrations. This year's Halifax Pride Festival begins Thursday and runs through July 27. JEFF HARPER/METRO

dees. Westgate attributes the success to all the governing boards over the years, and all the volunteers who make it possible to add new events.

"Also, we have amazing talent on the East Coast, we have

countless, very well-organized and active community groups, and we have a beautiful city and beautiful climate," she said. "There's a lot of support for all of those factors."

In the beginning, Pride

marches were more political than party in nature, but that has evolved as well. The current mandate is to promote visibility, equality and diversity, while providing a safe space for people to celebrate

their uniqueness. Westgate said, while the political and activist element is still alive today, Pride is meant to be accessible and inclusive of all.

For more information, visit halifaxpride.com.

Mystery. Plenty of surprises expected during Pride Parade

What's in store for the Halifax Pride Parade is as much a mystery to the organizers as it is to everyone else.

Parade director Paul Forrest said he doesn't get in-depth details about the entries.

"A lot of people ask what's coming, and the answer is, I have a sheet and it says float, float, car, marcher, marcher, marcher. It describes what they're doing, but it doesn't do it justice to what they're actually doing."

"A lot of the time, it's the day of when we see it come together, and we haven't been disappointed yet."

There are 120 entries registered for the parade on

Efforts rewarded

"A lot of people say you put on a great parade, but Pride doesn't put on the parade, we just act as a conduit. These organizations, these groups, they're the ones who put in all the effort and turn up with positive energy and make it what it is."

Paul Forrest, Halifax Pride Parade director

July 26, which begins at 1:30 p.m. from the DND Dockyard on Lower Water Street.

This year's Parade Grand

Marshal is Scott Jones, the New Glasgow man who started the anti-homophobia campaign, Don't Be Afraid, after he was left paralyzed from a stabbing incident in 2013.

Parade spectators will also notice a convertible leading the parade with no occupants in the back. The vehicle was added to the parade three years ago in memory of the late gay activist, Raymond Taavel, who was beaten to death outside a bar in 2012.

"A lot of times people don't understand what that car is for," Forrest said. "It's to represent Raymond, but also to represent everyone that we've lost."

JEN TAPLIN/FOR METRO

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Friendly, family festival

Catering to the masses. Pride 2014 launches its inaugural dog show, while not forgetting the festival staple, Dykes versus Divas Softball Game

**RICHARD
WOODBURY**
For Metro

The Halifax Pride Festival is all about celebrating diversity, and being exposed to that diversity from a young age is a good thing, helping to build a more inclusive and compassionate society.

At this year's festival, there are many family-friendly activities, including

Trans Connect's ALL-Bodies Swim, taking place at Centennial Pool on Saturday, July 19 at 6:30 p.m. The event is billed as a "trans, intersex, queer, gender-variant swim in a positive environment ... Free from scrutiny, exclusion or insult."

"It's a wonderful opportunity for all families to come out and show support and express that even though bodies can be differ-



The Halifax Pride Parade is the biggest event of the festival, and is followed by a concert and community fair. TIMOTHY RICHARD PHOTOGRAPHY PHOTOS

ent, we certainly all need to be non-judgmental and comfortable with each other's differences," said Halifax Pride board chair Ramona Westgate.

Earlier in the day, at 1 p.m., Out Best in Show, Pride's very first dog show, will take place at Jollytails on Intercolonial Street.

On Sunday, July 20 at 2 p.m., the Dykes versus Divas Softball Game will kick off at Halifax Commons, Canada Games Diamond. This event is viewed by many as

the unofficial start to Pride. (The official launch is the flag raising on June 19 at 5 p.m.)

While not quite Major League Baseball calibre, the softball game is a riot, with many of the athletes sporting heels and gowns.

On Saturday, July 26, the Halifax Pride Parade takes place from 1:30 to 3:00 p.m. The parade will wind up on Sackville Street, leading right into the next event. At the Garrison Grounds, there is a concert and commun-



There are so many events happening at this year's Pride, including a family swim, and a dog show. It all wraps up with a picnic on Sunday, July 27.

ity fair geared specifically to children 12 years old and under, with face painting, arts and crafts.

Halifax Pride festivities will wrap up with the Family Picnic on Sunday, July 27, at Park Avenue Community Oven, Dartmouth Commons, from noon to 2 p.m.

There will be entertainment and free pizza, although Westgate advises families bring some food, as the lineups for the freshly-made pizza will likely be long.

Feedback welcome

As much as this year's Halifax Pride Festival is on the mind of Pride chair Ramona Westgate, she's already thinking about next year's event and how it can top this year's. "We're always looking to hear feedback," she said.

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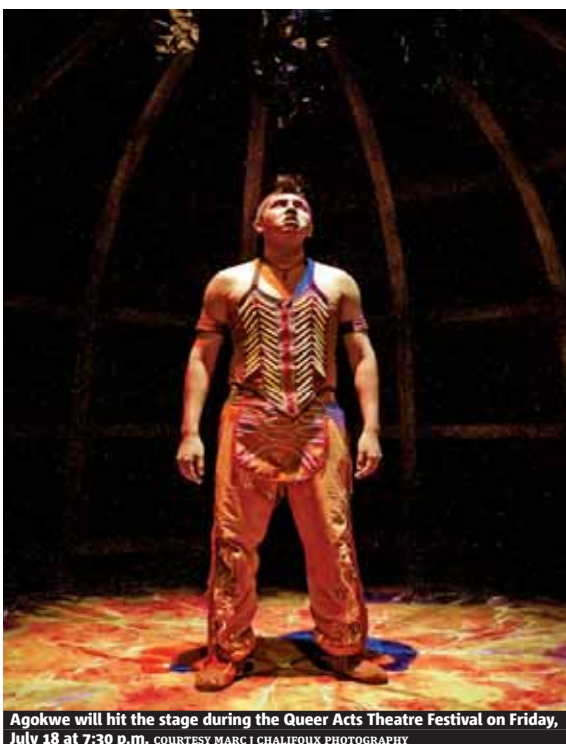
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HALIFAX PRIDE 15



Redheaded Stepchild is poised to perform during the Queer Acts Theatre Festival on Sunday, July 20 at 9 p.m. CONTRIBUTED



Agokwe will hit the stage during the Queer Acts Theatre Festival on Friday, July 18 at 7:30 p.m. COURTESY MARC J CHALIFOUX PHOTOGRAPHY

Laugh, rock out and cry at this year's Pride

LGBTQ. Performing arts showcase identity

The performing arts, such as music, comedy and theatre, play a pivotal role in the Halifax Pride Festival.

Queer Acts Theatre Festival director, Adam Reid, said members of the LGBTQ community are very interested in seeing their culture and identity reflected on stage, yet often, the mainstream media doesn't depict or portray the lives of its members.

"These artistic events give us an opportunity to share and tell each other's stories and laugh at each other's stories and celebrate those stories," Reid said.

Now in its sixth year, the Queer Acts Theatre Festival features six different plays and runs from Thursday, July 17 to Sunday, July 20. Three are local productions, while three are from abroad.

One of the highlights is Agokwe, a national award-winning story of two aborig-

The big show

After the Pride Parade on Saturday, July 26, the Pride Festival Main Stage and Community Fair is taking place at 3 p.m. at the Garrison Grounds. Headlining the free concert is Los Angeles-based Uh Huh Her, a band whose catchy sound mixes rock and electro pop.

inal boys from neighbouring reserves, who fall in love. While the show has toured Canada, it hasn't hit the East Coast until now.

There are a few new performing arts events to Pride this year, such as OutLOUD!, an evening of rock music held at Michael's Bar & Grill on Saturday, July 19. Music lovers will be treated to four bands, including the disco punk sounds of Halifax's Like A Motorcycle and pop-rock outfit, The Varlas.

"We felt like we weren't reaching ... fans of that



Local comedian Megan McDowell will perform July 25 and 26 at Yuk Yuk's. COURTESY KEVIN T. GILBERT/BLUE PIXEL

genre," said Pride's entertainment director, Heather Green.

Another new event is Laugh Out Proud, a comedy show on July 25 and 26 at Yuk Yuk's. Local comedian Megan McDowell will be opening for Elvira Kurt, known for her appearances on CBC's Q with Jian Ghomeshi.

Back in 2007, McDowell won a national talent show, which aired on CBC, and Kurt happened to be one of the judges.

"It's a bit of a mini reunion for the two," said Reid, adding that McDowell is getting a lot of recognition, but hasn't quite broke the scene yet.

RICHARD WOODBURY/FOR METRO

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A time to remember, reflect

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The annual Halifax Pride vigil will not only remember those who have passed away, but those around the world who are fearful of losing their lives

JON TATTIRIE
For Metro

Attendees at this year's third-annual Halifax Pride vigil will light candles to remember LGBTQ people facing oppression around the world, and celebrate the tremendous advances in other countries.

Organizer Marion Steele said it builds on the first vigil, held in 2012 after the late community leader and gay activist Raymond Taavel was beaten to death outside a Halifax bar in April of that year. "We noticed a lot of the community in Halifax knew what was happening in the area,



Hundreds of people attend the first Pride vigil in memory of Raymond Taavel, a gay activist, who was beaten to death in April 2012. METRO FILE PHOTO

but internationally we're not as well informed. We thought we could bring that to them," Steele said.

Billy Urich, former chair of the InterPride Committee on International GLBTI Human and Civil Rights, travels the world speaking on equality

and civil rights for everyone.

He will be on hand at Pride to deliver a global update to Halifax about the situation in countries where being homosexual is still punishable by death, and where gay people face state and private persecution.

And, there's cause for celebration, too.

"A lot of great things have been happening in South America, especially in Argentina and Brazil," Steele said. "We've seen the (United) States fall one by one like dominoes over the past 10 months, as

they keep having to change their human rights laws when it comes to same-sex marriage."

Budapest and Hungary celebrated Pride this year, which Steele said would have been "impossible" just three years ago. "There's also a very

In honour

- What: International Vigil
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serious side to why we do what we do. It's good for our young people to recognize that."

Scott Jones, founder of the campaign, Don't Be Afraid, will speak about a stabbing attack in New Glasgow last October that left him paralyzed.

"He wants to turn the act of hatred into an opportunity to examine what's going on in the world and the fear that surrounds intolerance," Steele said. "Although in Halifax we all feel fairly safe, other areas outside of Nova Scotia are not safe, still."



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Elvira Kurt will perform during Laugh Out Proud at Yuk Yuk's in the Westin Hotel (1181 Hollis St.) on July 25. TORSTAR NEWS SERVICE FILE

Biggest and best Halifax Pride yet

JON
TATTRE
For Metro

Halifax Pride Festival, Atlantic Canada's biggest Pride event, is bigger and better than ever, featuring five new events this year.

The added events include: OutLOUD!; Out Best in Show; All Bodies Swim; Youth Event on the Grounds; and Laugh Out Proud, said Halifax Pride board chair Ramona Westgate.

OutLOUD! @ Michaels Bar & Grill (6100 Young St.) starts at 10 p.m. on July 19. It showcases a range of musical talent, much of it local, including Like a Motorcycle, Jessie Brown & the Black Divine, The Varlas, and Milk Mustache.

Trans Connect hosts the free ALL-Bodies Swim on July 19 at Centennial Pool (1970 Gottingen St.) from 6:30 p.m.-8:30 p.m. It's an open swim "free from scrutiny, exclusion or insult."

"We all sometimes feel judged, or probably judge ourselves most, in our body

images. (It's) sending a message that, regardless of your body type, or the packaging you come in, come down and feel comfortable to swim," Westgate said.

The idea for Out Best in Show, Pride's inaugural pet show by Jollytails, sprang from the Pride Parade, where people bring their pets along to walk the route.

The show will be hosted by Contessa from Big Brother Canada on July 19 from 1 p.m.-3 p.m. (3484 Intercolonial St.).

The Pride Youth Dance is hosted by the Youth Project. It's a 19-and-younger free dance on July 24 at the Garrison Grounds, Citadel Hill, from 8 p.m.-11 p.m. "We really wanted youth to know they're a part of the Pride festival," she said.

Finally, Laugh Out Proud at Yuk Yuk's in the Westin Hotel (1181 Hollis St.) starts at 8 p.m. on July 25. Stars include Elvira Kurt (familiar to many from her appearances on CBC Radio's Q with Jian Ghomeshi), with opener Megan McDowell. Tickets are \$20 each.

Dykes vs Divas Softball Game
Saturday July 20 • 2pm
Halifax Common

This annual free family event is full of laughs and fabulous feats of sporting prowess, often performed in heels and gowns. Refreshments and laughs offered on site - please bring lawn chairs.

Out Loud! @ Michaels
Friday July 19th • 10pm-2am
Michaels, 6100 Young, Halifax

Featuring **Like A Motorcycle** with Jessie Brown & The Black Divine, The Varlas, and Milk Moustache.
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Festival runs July 17-27th
Complete event listings at halifaxpride.com



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Battle for birth control**U.S. bill to reverse supreme court ruling blocked by Republicans**

Senate Republicans on Wednesday blocked a bill aimed at restoring free contraception for women who get their health insurance from companies with religious objections, a legislative setback

for Democrats that they hope will be a political winner in November's U.S. elections.

Democrats sponsored the election-year bill to reverse last month's supreme court ruling that closely-held businesses with religious objections could deny coverage under the health care law.

Republicans called the bill a political stunt aimed at helping vulnerable Democratic incumbents in the elections.

THE ASSOCIATED PRESS

Free money = problems**Hidden cash hunt organizer to pay city for damages**

When the man with the Twitter handle @HiddenCash moved his scavenger hunt to Whittier, California, a thousand people trampled through a park seeking free money.

Now Jason Buzi, the real

estate investor behind the cash giveaways, says he will pay for the damage.

KNBC-TV reported Tuesday Buzi has agreed to send the City of Whittier \$5,000 to cover the cost of repairs.

City Manager Jeff Collier says cash hunters trampled on plants, uprooted a newly planted tree, tore apart sprinkler heads and broke fences. Collier says the city appreciates Buzi's gesture.

THE ASSOCIATED PRESS

Abused twin daughters**Edmonton mom pleads guilty to manslaughter**

An Edmonton mother has pleaded guilty to manslaughter for starving and abusing her two-year-old twin daughters before one of them died in hospital.

The woman, who can't be named to protect the identity

of her surviving twin, also pleaded guilty Wednesday to aggravated assault and failing to provide the necessities of life. She originally had been charged with second-degree murder.

The mother admits in a court document that she didn't provide the twins with adequate food and assaulted them both over a prolonged period of time. The assaults led to serious head injuries.

THE CANADIAN PRESS

Liknes family thanks Calgary for 'strength'

'Incredibly sad'

Douglas Garland, accused of triple murder, makes brief first court appearance



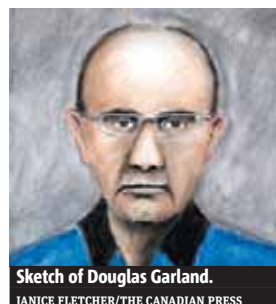
BRYAN WEISMILLER
Metro in Calgary

Allen Liknes thanked Calgarians Wednesday for their outpouring of support — as the man accused of three murders in the slaying of five-year-old Nathan O'Brien and his grandparents made his first court appearance.

Liknes, son of businessman Alvin Liknes, said the tributes and search efforts have helped his relatives get through what's been an "incredibly sad" affair.

"The family has taken a lot of strength from it," Liknes told a throng of media gathered outside the downtown courthouse.

Douglas Garland, 54, faces two first-degree murder charges and one second-degree charge in connection to the alleged abduction case that's gripped Calgarians since the disappearances were made public.



Sketch of Douglas Garland.

JANICE FLETCHER/THE CANADIAN PRESS

The case was adjourned until mid-August, with the defence counsel asking for more time to get disclosure of the police investigation.

Garland's lawyer, Kim Ross, told reporters he'd wait to review those files thoroughly, before deciding "whether or not we'll seek any kind of release."

Lead Crown prosecutor Shane Parker said outside court he would be opposing bail for Garland as the case moves forward. Police have alleged a "violent crime" occurred inside the home and told reporters they found forensic evidence that suggests the three didn't leave on their own volition.

Garland was arrested near his parents' acreage in Airdrie

Presumed dead

Alvin Liknes, wife Kathryn and grandson Nathan were last seen at the couple's Parkhill-area home on June 29.

- The court proceedings come the day after Calgarians released green balloons as a symbol of hope, and others have formed search parties to continue looking for the trio.

earlier this week, which has been the ongoing site of a massive search.

The bodies of the Liknes couple and Nathan have not been recovered, according to investigators, although the alert ended with Garland's arrest. While police have maintained they've garnered enough evidence to lay the charges, family have held out hope the youngster will come home.

Asked whether it would be challenging to get a conviction without the bodies, Parker noted there are precedents.

"We've done it before and we'll do it again," he said.



Typhoon kills at least seven in Philippines

A Filipino boy tries to sweep out floating debris from his flooded home on Wednesday, as Typhoon Rammasun battered suburban Quezon City, north of Manila, Philippines. Typhoon Rammasun knocked out power in many areas and left at least seven people dead, but it spared the Philippines' capital, Manila, and densely-populated northern provinces from devastation when its fierce wind shifted slightly away, officials said.

AARON FAVILA/THE ASSOCIATED PRESS

Mexico. Hundreds freed after group home raided

Mexican prosecutors said Wednesday that victims told harrowing tales of sexual abuse, beatings, hunger and filth in a once well-regarded group home where authorities freed a total of 607 adults and children in a raid.

Some were forced into sex by shelter employees and others told of being locked in a tiny punishment room without food or water. Ten of the victims were so malnourished police couldn't even determine their age.

The police raid on Tuesday freed six babies, 154 girls, 278 boys, 50 women and 109 men from the filthy shelter, where Attorney General Jesus Murillo Karam said inmates lived among 20 tons of garbage.

Nine employees of the shelter in the western state of Michoacan have been detained and are being questioned, but Murillo Karam said some others apparently tried to protect the children.

THE ASSOCIATED PRESS

Sweden. Court upholds Assange detention order

A Swedish court on Wednesday upheld its detention order on Julian Assange, reaffirming the legal basis for an international warrant for the WikiLeaks founder which has kept him hiding in the Ecuadorian Embassy in London for two years.

One of Assange's defence lawyers, Per Samuelson, said they would study the judge's decision in detail and then "write a juicy, toxic appeal" to a higher court.

"Our legal arguments are

solid and powerful," Samuelson told The Associated Press. "That they didn't work could be because the judge didn't give herself enough time to think."

Last month, Assange's lawyers filed a court petition to repeal the detention order — imposed by the Stockholm district court in November 2010 — on the grounds that it cannot be enforced while he is at the embassy and because it is restricting Assange's civil rights. THE ASSOCIATED PRESS

Moscow. Two detained after subway derailment

Investigators detained two Moscow subway workers Wednesday in the wake of a deadly rush-hour derailment that killed 22 people and injured 136 others.

More than 1,100 people were evacuated Tuesday after a train derailed between two stations in western Moscow.

Eight people remained in critical condition and 40 others have serious injuries, Moscow Mayor Sergei Sobyenin said in comments carried by Russian news agencies.

Russia's major investigative agency said in a statement it had detained a senior Moscow track foreman and his assistant.

Investigators said a new rail switch at the point where the train left the tracks wasn't properly installed during repairs in May and was attached to the rail by only a single three-millimeter wire. There is another subway line under construction nearby and the switch was to direct the trains to a new tunnel once the line is launched. THE ASSOCIATED PRESS



Palestinians flee their homes in the Shajaiyeh neighborhood of Gaza City after Israel had airdropped leaflets warning people to leave the area on Wednesday. LEIFERIS PITAKIS/THE ASSOCIATED PRESS

Israel to pause bombing in Gaza

UN request. Five-hour 'humanitarian' window comes hours after Israeli navy kills four Palestinian boys

The Israeli military agreed to a UN-brokered five-hour "humanitarian" pause starting Thursday morning in its strikes on the Gaza Strip to allow Palestinians to restock food, water and other necessities, hours after an attack by an Israeli naval vessel killed four Palestinian boys playing on the beach.

In response to a call by the UN, the military said in a statement Wednesday that it would hold its fire for five hours starting at 10:00 a.m. local time but warned it will retaliate "firmly and decisively" if militants launch attacks on Israel during that time.

UN deputy spokesman Farhan Haq told The Associated Press on Wednesday that Robert Serry, the UN special coordinator for the Middle East peace process, made the appeal for a "unilateral humanitarian pause" after talks with Israel's Coordination Office for Government Affairs in the (Palestinian) Territories.

The announcement came after a day of Israeli airstrikes and Palestinian militant rocket attacks as Hamas formally rejected a ceasefire proposal that had been accepted by Israel to end the nine-day-old conflict that officials say has left at least 213 Palestinians and one Israeli dead. **THE ASSOCIATED PRESS**

Quoted

"It's a cold-blooded massacre."

Abdel Kareem Baker, the uncle of four boys killed Wednesday by an Israeli naval vessel while they were playing on a beach

Syria

Assad again sworn in as president

In a lavish ceremony, a smiling and confident President Bashar Assad was sworn in for a third seven-year term on Wednesday, praising his supporters for "defeating the dirty war" and denouncing insurgents who have "failed in trying to brainwash you or break your will."

As he declared victory, Syria's three-year-old civil war is grinding on, with 170,000 dead and a third of the country displaced.

THE ASSOCIATED PRESS

Israeli airstrikes. Many Gazans have nowhere to run despite warnings

The text message was as urgent as it was unwelcome: the Israeli army advised Mouin Ghaffir to leave his home quickly or risk being killed in airstrikes against Hamas rocket squads.

He swiftly sent his wife and 11 children to a dirty UN emergency shelter, with more than 40 people crammed in each classroom, but had to endure a night under bombardment at home after failing to find a safe place for his ailing 75-year-old mother.

Such is the life-and-death predicament of tens of thou-

sands of Gazans being told by Israel to flee targeted areas, most with nowhere to go. UN shelters lack the space, and relatives, with their own overcrowded homes, often cannot help.

Israel says urging residents to evacuate — with warnings delivered through automated calls, text messages and leaflets dropped from planes — is an attempt to spare civilians whenever possible.

Ghaffir's story highlights the hard choices Gazans face in this war. **THE ASSOCIATED PRESS**



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Get a warrant. Pair of telecoms no longer giving info to police without one

Two major telecommunications firms — Rogers and Telus — say they will no longer routinely give basic customer information to police and security agencies without first seeing a warrant.

In June, the Supreme Court ruled police need judicial authorization to get personal information about customers from Internet providers.

Rogers chief privacy officer Ken Engelhart said Wednesday the Supreme Court ruling — reinforced by demands from subscribers for better privacy protection — means the practice of routine disclosure must cease.

"The Supreme Court has really made the decision. They're really the ones who have said, under the laws of Canada you have to have an order signed by a judge," he said in an interview.

The new policy stresses that, in keeping with the high court ruling, police would not need a warrant to get basic subscriber information in life-threatening emergencies.

By the numbers

- **175,000.** The number of requests for customer info Rogers received from government and police agencies last year
- **87,856.** The number of times Rogers shared names and addresses

In addition, if police have an Internet Protocol, or IP, address of interest and want to obtain a warrant to investigate further, Rogers will tell them which city the relevant customer lives in so they know which judge to approach, Engelhart said.

Telus Corp. said that in light of the Supreme Court decision, it no longer provides any customer information to law enforcement without a warrant except in emergency situations, such as when a customer calls 911 for help, or if the information is already published in a phone book. **THE CANADIAN PRESS**

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What happens to your online life when you die?

Digital afterlife.

Advocates fight to give next-of-kin access to digital accounts of deceased

When you die, should your loved ones have access to your Facebook, Yahoo and other online accounts?

A group of influential lawyers says yes, unless you specify otherwise in a will. The Uniform Law Commission was expected to endorse a plan Wednesday to automatically give loved ones access to — but not control of — all digital accounts, unless otherwise specified.

To become law in a U. S. state, the plan would have to be adopted by the state's legislature. But if it does, designating such access could become an important tool in estate planning, allowing people to decide which accounts should die when they do.

The question of what to do with one's "digital assets" is as big as America's electronic footprint. Grieving relatives want access for sentimental reasons,



View More Photos of Loren (2)

Send Loren a Message

Like Him!

Add Loren as a Friend

All Friends

Loren Williams

Networks: ASU '09
Sex: Male
Interested In: Women
Relationship Status: Single
Birthday: June
Hometown: Portland
Political Views: Liberal

Minifeed

Displaying 0 stories.

Loren has no recent activity.

Information

This Feb. 16, 2013 photo shows a printout of the Facebook page for Loren Williams, who died at the age of 22 in a 2005 motorcycle accident. LAUREN GAMBINO/THE ASSOCIATED PRESS FILE

and to settle financial issues. A person's online musings, photos and videos — such as a popular cooking blog or a gam-

ing avatar that has acquired a certain status online — also can be worth money. Imagine the trove of digital files being amassed by someone of historical value — say former President Bill Clinton or musician Bob Dylan — and what those files might fetch on an auction block.

"Our email accounts are our filing cabinets these days," said Suzanne Brown Walsh, a Cummings & Lockwood attor-

ney who chaired the drafting committee on the bill. But "if you need access to an email account, in most states you wouldn't get it."

Ginger McCall, associate director of the Electronic Privacy Information Center in Washington, said a judge's approval should be needed to protect the privacy of both the owners of accounts and the people who communicate with them.

THE ASSOCIATED PRESS

Online legacy

"This is something most people don't think of until they are faced with it. They have no idea what is about to be lost."

Karen Williams of Beaverton, Ore., who sued Facebook for access to her son Loren's account after he died at the age of 22.

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WOMEN SURE ARE ORGANIZED, AMIRITE?

This week I'm on vacation in New Brunswick (motto: "Ride the downward spiral"), so I'm mailing it in, literally and figuratively.

What quick-and-easy topic should I touch on? Today's music is the worst? Cat people versus dog people? The federal government sucks (amirite)?

Oh wait, I've got it: women and men are different! I've noticed this a lot recently because I'm dating, and my girlfriend is indeed different than I am. I know criticizing a woman runs me the risk of perpetual online hatred until Twitter becomes obsolete, but I can say only what I see: she's just weird, what with her "planning" and "foresight," never mind her "top sheet" and "air freshener."

And as we prepared for our trip to N.B., she sometimes packed in ways so foreign to me I felt I was dealing with a different species. This is not the typical stereotype of a woman who over-packs because she hopes a provincial park with a name like Moose Mill might have call for high heels. No,



HE SAYS

John Mazerolle

metronews.ca

this is a woman who packs a week in advance to give her the chance to rethink and adjust the placement of items as the departure date nears.

Yes, her packing has a first freaking draft. "Devon" (she doesn't want her real name used, so let's keep this between us) packs small. She has one carry-on bag for two weeks of travel. It's not that she's a light packer — when she rattled off all the clothing, toiletries and other bric-a-brac in her bag it reminded me of those old McDonald's ads in which a customer orders the entire menu in 30 seconds.

It's like her bag is a TARDIS, bigger on the inside than is physically possible judging by the outside. She packs so densely that other items in the room are drawn in by the bag's gravitational pull. Meanwhile, I put three days of clothes and a stick of deodorant in my backpack and it looks like I've stuffed in several dozen bricks and a dead informant.

Devon says my packing technique is like a smash-and-grab at

a jewellery store. "It's basically turning over a drawer into a garbage bag," she says. I don't think that's entirely fair. For instance, I ask myself important questions like, "I wonder what I forgot this time?" (Answer on this trip: a coat.)

Sure, you could spend literally an hour or more planning like my girlfriend, or you could embrace unpredictably and do it my way:

- 1) Sweep all the items in your medicine cabinet into your backpack.
- 2) Stuff in a layer of clothes.
- 3) Add books, laptops, PlayStations and anything else you need to help you get away from it all.
- 4) Add another layer of clothes. It's like a packing parfait.
- 5) Compress.
- 6) Place a framed photo of your family on top.

NOTE: one cat per bag.
And voila. Packing my faster, simpler way will free up more time for you to think about the differences between men and women. Or about that terrible federal government. They suck, amirite?

HEAVY STUFF



Basque stone lifter Ignazio Perurena holds on to a 250-kg stone during an exhibition in Cambo les Bains, southwestern France, on Tuesday. The Basque rural sports trials have their origins in routine rural tasks.

BOB EDMIE/THE ASSOCIATED PRESS

No stone left unlifted for Basque strongmen

The Basque people are known for their competitive nature.

Their well-attended rural sports competitions have a variety of games that require an amazing amount of strength and plenty of testosterone.

Wood chopping, lifting hay bales, handling oxen, participating in insane tug-of-wars, running races with 200-pound bags of corn on

their backs and more are all part of the Basque rural sports tradition.

However, the best known outside of the region is harrijasotze, or stone lifting. This is a true mighty-man's sport, and only the strongest in the region participate. Competition is fierce, and the best-known champions are looked upon by the locals as heroes, much like popular sporting figures.

The stones used in the lifting competitions are made of granite and usually weigh between 100 and 212 kg, though heavier stones may be used if the lifter wants them

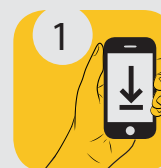
Bad to the bone

Stone lifting takes its toll on the body. Many professional stone lifters have osteoarthritis by the time they're in their 20s or 30s. Most have retired to become trainers for the next generation by their 40s or 50s.

and has a proven ability to lift them. Competition stones are cut into squares, spheres, cylinders and rectangles to provide a variety of lifting challenges. CITIESJOURNAL.COM

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MetroTube

Pimp my used-car ad



ANDREW
FIFIELD
andrew.fifield@metronews.ca

Craigslist is great. Plenty of no-frills free listings to peruse, excellent deals and amusing Missed Connections. Craigslist is terrible. Ugly, crowded and populated by shady deals and dubious characters.

It's fair to say the seller of this unremarkable hatchback weighed the pros and cons before settling on where to advertise. It's fairer to say his decision was more influenced by his connection to Australian ad agency Chimney Group, which created the slickest campaign for an everyday used car you'll ever see. Dubstep? Check. Smash cuts? Many. Buzzwords? Only the most disruptive.
(buymybarina.com/YouTube)



SCREENGRAB



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Gloryhound looking toward important sophomore success

Loaded gun. Early reaction to second album has been positive, says Evan Meisner



**BACKSTAGE
PASS**
Jenna Conter
halifax@metronews.ca

In music, it's all about the sophomore album.

That first album can sometimes ride the coat tails of fresh-meat hype, gobbled down like scarce finger foods at a wedding.

Satiated, fans' hopes are high for the next course.

According to Gloryhound's Evan Meisner, who play the Seahorse Tavern this Saturday night, their second record, *Loaded Gun*, is proving to satisfy the hungry masses.

Barely a month out of the gate, Meisner is pleased to see the early success.

"People are really enjoying the new album and we are getting a lot of positive feedback," he said. "It's great to have such a warm reaction right off the top."

With their first album, *Electric Dusk*, the Fall River boys headed to Toronto, where they recorded "off the floor."

Though the process was a throwback to how records were produced for decades, Meisner says it brought with it some chaos.

For *Loaded Gun*, he said, the band crossed the country and recorded in Van-

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- **Where.** The Seahorse Tavern
- **When.** Saturday, 10 p.m.
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cover at The Farm Studios. With producer Garth Richardson at the helm, who has worked with Hedley, Rage Against The Machine and Nickelback, to name a few, the band was guided through a more detail-oriented method of creating a record.

"They made it sound like a real, shiny rock album and I think it's a step up from our last record."

The album is more dynamic, and Meisner is also pleased at the band's notable maturity in their song writing.

Making a point to grow as a band, Meisner was thankful for a more relaxed production schedule. Bringing 35 quality songs to the table, Gloryhound crafted a record that showcases the top 11 gems. Hopefully fans will devour the second course.

"It's always awesome to come home and play for the fans that gave us the support that allowed us to make our first record," he said. "I think we are getting better with time and people will like this record a lot more."



Gloryhound is headlining a show at The Seahorse on Saturday night. CONTRIBUTED



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Taylor Swift. ALL PHOTOS GETTY IMAGES

Taylor Swift suffers revenge of the nerds

Thanks to court documents, we can finally put some names and faces to the three Connecticut residents charged with vandalizing Taylor Swift's Rhode Island vacation home, and the results are ... kind of brainy.

Michael Horrigan, 29, Tristan Kading, 28, and Emily Kading, 26, pleaded not guilty to charges they hurled beer bottles and shouted expletives at security guards monitoring Swift's property last month, according to TMZ. So what do they do when they're not drunkenly defacing property?

Tristan Kading, for one,

studied chemical oceanography at MIT and received the Richard Montgomery Award for Achievement in Mathematics. Younger sister Emily is studying to be a nuclear physicist, and both Kading and Horrigan were given citations for heroism last year after rescuing a 12-year-old girl from a cap-sized canoe.

Leave it to Swift to attract the nicest, smartest delinquents you could hope for. The defendants, by the way, say they "harboured no ill will toward Swift," who wasn't home at the time.

Jeff Goldblum makes girlfriend cry ...tears of joy

Jeff Goldblum is looking to settle down, having popped the question to his girlfriend of two years, 31-year-old gymnast Emilie Livingston, while on vacation in Hawaii.

Livingston took to her Twitter account to gush about making it official with the 61-year-old Jurassic Park star. "I was taken over by tears of joy n ecstasy! We picked the ring 2gether #inlove," she wrote. She later posted a photo of the ring itself.



Jeff Goldblum

Goldblum was previously married to Patricia Gaul from 1980 to 1986 and Geena Davis from 1987 to 1990.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Even on vacation, SJP and Matthew Broderick find trouble in paradise



NED EHRBAR
Metro in Hollywood

You know what everyone loves on a vacation? "Intense discussions." They're the best! And apparently that's what Matthew Broderick and Sarah Jessica Parker have been having while visiting

Ireland.

According to the National Enquirer, Broderick and Parker headed to their usual holiday spot on the Emerald Isle specifically to address their marriage woes and his wandering eye. "They normally venture all around Donegal, but this time they spent the majority of their time locked away in their remote home out in the countryside," a source says. "One evening they went into Nancy's, a seafood restaurant, and hardly said a word to each other."

That sounds so much like the opposite of fun. But hey, at least they're not stewing silently over dinner at home!



Britney Spears

Britney and boyfriend want a family of their own

Those Britney Spears break-up rumours were apparently premature, as the singer and boyfriend David Lucado are reportedly already thinking about expanding her family once she's done with her current Las Vegas residency, according to Radar Online.

"Britney cannot wait until the Vegas show is done

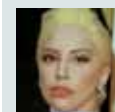
because she wants to start a family with David. She says she will get pregnant as soon as the show is finished," a source says. "David is always with her in Vegas and they act like an old married couple together. He is really good with her kids and has taken to the father role pretty easily."

Twitter



@SethMacFarlane

Sorry I haven't tweeted in awhile-- Been immersed in pre-production for Ted 2! I think you're gonna like it.



@ladygaga

I resent that I have to be getting married to wear Bridal, I mean what if I just love wearing white lace and pearls without it being creepy.



@MarkDuplass

Honk if you're feeling slightly overwhelmed about how often you've been feeling slightly overwhelmed these days.

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HOMES

What tricks have you got up that sleeveless summer shirt?

Secrets in the sun.

Testy temps no longer have to wreak havoc on your beauty regime with these pointers

RACHEL VIGODA
Metro World News

We spoke with makeup artist B Wilson of Just B Beautiful for insider tips on how to stay looking bright and fresh despite the heat. Wilson and her "glam squad" offer on-location hair and makeup services in New York, New Jersey and Philadelphia.

Here are the tricks — and the products — she swears by.

Don't cake it on

"Leave that damn highlighter alone!" Wilson says. "When you sweat, your pores are open, so if you have makeup on your skin the makeup is going right into your pores and clogging them up. Wear the least amount of makeup possible and focus on your natural glow." If you're not brave enough to go totally bare, try a dab of tinted moisturizer and then contour with

Light and bright

"Leave that damn highlighter alone! Wear the least amount of makeup possible and focus on your natural glow."

B Wilson
Makeup artist

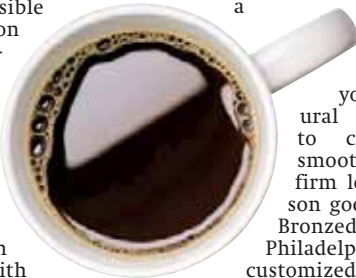


a light bronzer like Soleil Tan de Chanel. Absolutely refuse to give up foundation? Wilson recommends Urban Decay's Naked Skin, which is "super light, but gives surprisingly full coverage."

Get a (sunless) tan — no matter what your skin colour is

Use a sunless tanner on your legs, whether you're "the palest of pale to the darkest of dark," says Wilson: "I'm African American, and I still get a spray tan on my

legs." The trick is a very light touch; you're going for a subtle glow just a shade or two darker than your natural color to create a smooth, even, firm look. Wilson goes to The Bronzed Bee in Philadelphia for a customized airbrush



Wouldn't it be nice to let the natural you out into the world? ISTOCK

spray tan. For a cheaper DIY option, she likes Airbrush Legs by Sally Hansen or Jergens Natural Glow.

Make an easy at-home cellulite eraser

Mask cellulite with this sim-

B's bonus tip

Banish excess shine

- This isn't for everyday, but if you're prepping for a special occasion, "wash, moisturize — and then prime with Milk of Magnesia," Wilson says. "It acts as a barrier for the excessive sebum that builds up, and keeps your face smooth and matte the entire day."



Just dab it on with a cotton ball and then cover the chalkiness with a light tinted moisturizer or powder.

ple recipe:

- Instant coffee (caffeinated)
 - Almond oil or vitamin E oil
 - Brown sugar
- Combine the ingredients, gently scrub in the shower, rinse off, and then admire your firm-looking thighs and butt. The smoothing effects will last for hours, Wilson says. Store any extra mixture in a mason jar for up to five days.

Expert tip: Do not use regular ground (not-instant) coffee, unless there's a sexy plumber you want to invite over — it will clog the drain.



Canadian street style

Spotted in Toronto

Name: Monica

Age: 26

Occupation: Fashion Designer

What she's wearing:

Vintage black shoes, Lord & Taylor skirt, Big Buddha purse and Aldo sunglasses.

Her inspiration:

"I'm inspired by the modern, independent woman. I like edgy fashion and really enjoy the style and trends found in Italian Vogue."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION, TOO!

Showing side-boob will definitely turn heads, but in a good way or a bad way? Go online to Trends Report and check out how celebs like Jennifer Lawrence and Kim Kardashian pull off this look and let me know, can showing side-boob ever truly look classy?



- Online. Follow Irene on Twitter at @MetrolreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo via Getty Images



A bit of chew, some crunch and lots of yum

Cookbook of the Week

Forage in the forest
for earthy goodness



The inspiration behind The Forest Feast is authenticity at its best. Author Erin Gleeson moved to a cabin in a California forest and learned to rely on nature. It's no wonder that most of the book's 100 vegetarian recipes call for only a few ingredients and require very few steps. Recipes include Carrot and Zucchini Ribbon Pasta, Fried Banana Split and more. **METRO**

Salad Spotlight.

While Metro's week of lightening your plate ends tomorrow, today enjoy this lentil salad that requires no effort

"I like my salads to be more filling and 'meaty', so I use more chopped vegetables and sometimes even cooked ingredients as well," writes Erin Gleeson in her book The Forest Feast.

"All of (my salads) can be served at room temperature, which means that they are easy to make ahead and keep in the fridge for a weeknight dinner, or for a party.

Gleeson also notes, "Canned lentils work great (for this salad), but if you make your own, boil them like pasta on low to avoid them turning to mush. This filling salad is tossed with sun-dried tomatoes, purple cabbage, cherry tomatoes and dried cranberries."

The dressing keeps in the fridge for at least one week. Before using it, bring it to room temperature.

Ingredients

Salad

- 2 cup (400 g) cooked lentils
- 1/2 cup (30 g) sun-dried tomatoes
- 1/2 cup (64 g) dried cranberries
- 1 cup (150 g) halved cherry tomatoes
- 2 cup (140 g) shredded purple cabbage

Lemon-Mustard Vinaigrette

- 3/4 cup (180 ml) olive oil
- 1/4 cup (60 ml) lemon juice
- 2 tbsp Dijon mustard
- 2 tsp maple syrup

1. To be quick, use canned (lentils). If from scratch, follow package instructions.

2. If using dry red lentils, they can get mushy easily, so I cook them on medium-low for 15-20 min. until al dente, then strain like pasta and cool

3. Mix lentils with sun-dried tomatoes, cranberries and halved cherry tomatoes. Spread over shredded cabbage and dress with Lemon-Mustard Vinaigrette.



This recipe serves four to six. ERIN GLEESON

Lemon-Mustard Vinaigrette
1. (Combine all ingredients

and) shake it, baby!

RECIPE ADAPTED FROM THE FOREST

FEAST BY ERIN GLEESON (STEWART, TABORI & CHANG, 2014)

Standby to waste electricity

A new in-depth report from the International Energy Agency claims that the world's internet-connected devices are already wasting \$80 billion a year in electricity and the waste is set to get much worse very soon.

That's because from smartphones and tablets to TVs, set-top boxes, printers and games consoles, there are currently 14 billion connected devices either in use or in standby mode around the world but by the end of the decade, this number will have jumped to a massive 50 billion as the connected home goes mainstream and as more and more of us embrace the always-on lifestyle.

This skyrocketing demand could also mean that by 2025, their combined energy use will hit 1140 terawatt hours per year. That's the total amount of energy that Canada and Germany combined currently consume every year. Or six per cent of the world's total yearly electricity use.

But as much as two thirds of this massive total of energy



Internet-connected devices in standby are wasting energy.

MPANCHENKO/SHUTTERSTOCK.COM

use is currently wasted energy because for most of these devices, the lion's share of the power they're consuming is when they're in standby mode, i.e., waiting to be used rather than being in use.

Take set-top boxes, for example. In the U.S. alone in 2010, there were over 160 million of them plugged in and ready to go. They need to be 'always on' to be able to re-

spond to network requests — say access via an app to start recording, or to automatically update firmware or software. As a result, according to the report, these boxes accounted for an estimated 18 TWh of electricity, that's more than the total annual electricity use of Iceland. Or, to put it another way, \$2 billion in electricity bills for their owners. **AFP**

What can consumers do to minimize the waste?

- Turn off devices when they're not in use.
- When shopping for new devices, check packaging for their efficiency.
- However, the overriding reason for the devices

wasting energy, according to the International Energy Agency, is poor standby technology. It is therefore appealing to manufacturers to adopt more efficient components and with software that will better help to manage power consumption.

- If device makers adopt new standards and countries introduce the policies to implement these changes and to raise consumer awareness, it could result in a 65 per cent cut in energy use by these devices.

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Singleton living rags-to-riches tale

Golf. Factory worker earns spot in British Open through qualifier

John Singleton had just finished up a practice round along the Irish Sea when four young girls approached him from the other side of the fence.

"Are you famous?" one of them asked.

"I'm playing in the Open," Singleton replied, trying to keep a straight face. "That's pretty famous, ain't it?"

Actually, there's no more improbable player at Royal Liverpool than this 30-year-old factory worker, who lives 10 minutes down the road and qualified for the British Open on his very first try.

Singleton strolled around the course Wednesday with two-time major champion John Daly and PGA Tour regular Dustin Johnson, a pair of Americans who didn't know the stunning back-story of the real-life Rocky in their group.

Johnson introduced himself on the first tee but didn't inquire further until they got to the third hole.

"Do you play on the European Tour?" Johnson finally asked.

"No," Singleton replied, "I work in a factory."

He is the epitome of why this tournament is called the "Open," a guy with no resumé to speak of playing his way into golf's oldest championship. This is the sort of rags-to-riches stuff normally reserved for the



A spectator takes a selfie with golfer John Singleton in Hoylake, England, Wednesday. PAUL NEWBERRY/THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Scan the image with the Metro News app for more notes from the British Open.

→ See the full instructions on Metro's Voices page.



movies, the nobody who becomes somebody against all odds.

Singleton's real job — at

least for now — is at a resin factory not far from Royal Liverpool. He holds down the 8 a.m.-to-4:30 p.m. shift at Advanced Electrical Varnishes, where he drives a forklift and mixes the resin, a thick compound used as a waterproof coating for wiring, circuit boards and other electrical devices.

"He does a full job for us," said his boss, Jonathan Kemp, who'll be at the course to cheer Singleton on and gave all the employees a paid holiday so they could attend.

After Singleton gets off work, he usually heads to a

local golf course to practise for several more hours — especially in the summer, when the sun hangs in the sky until nearly 10 o'clock.

"I want to get a sponsor so I can continue to play golf," he said, knowing he would likely need to make the cut for that to happen. "I have to work full time. I want to play full time."

Perhaps he'll be his own boss by the time the weekend is over.

"I hope he doesn't turn up on Monday," Kemp said. "That will mean he's done good."

THE ASSOCIATED PRESS

Most valuable franchises

Leafs the only NHL club to crack Forbes' top 50

The Maple Leafs are the only NHL team on Forbes' list of the 50 most valuable franchises in sports, checking in at No. 26.

According to Forbes, the Leafs are worth \$1.15 billion US and have been the most valuable NHL team since 2005.

Spanish-based soccer club Real Madrid is No. 1 at \$3.44 billion. Major League Baseball's New York Yankees are the top North American team on the list, fourth at \$2.5 billion.

Despite being in the process of selling for \$2 billion, the NBA's Los Angeles Clippers did not make the list, which ranked AC Milan 50th at \$856 million.

THE CANADIAN PRESS

NHL

Rangers add Lombardi to forward corps

The New York Rangers have agreed to terms with free agent forward Matthew Lombardi, a veteran NHL player who spent last season in Switzerland.

The 32-year-old Lombardi, who joined New York on Wednesday, had 20 goals and 30 assists in 46 games with Geneve-Servette in Switzerland. He led the team in goals and assists, and tied for sixth in the league in goals.

In 536 NHL games over nine seasons with Calgary, Phoenix, Nashville, Toronto, and Anaheim, Lombardi has 101 goals, 161 assists and 293 penalty minutes.

THE ASSOCIATED PRESS

Blackhawks' GM confident he can finesse salary cap



Jonathan Toews, left, and Patrick Kane, smile as they listen to the media during a news conference in Chicago, Wednesday. NAM Y. HUI/THE ASSOCIATED PRESS

Stan Bowman sounded like a proud father as he told stories about Jonathan Toews and Patrick Kane.

The general manager of the Chicago Blackhawks reminisced about Kane staying with his family during his rookie season, and described the scene when Toews became the youngest captain in team history.

There were lots of smiles and some laughter Wednesday as Bowman joined Toews and Kane at a news conference to celebrate the twin contract extensions for the

Contract details

The eight-year contracts, which were announced last week, are worth \$84 million apiece for an average annual value of \$10.5 million. Each player has one year left on their five-year extensions from December 2009.

high-scoring forwards that run through the 2022-23 season.

While the contracts position the Blackhawks to con-

tend for years to come, they also could lead to some difficult salary-cap decisions for Bowman. He already needs to pare more than \$2 million from his payroll to get under this year's cap of \$69 million, and the huge deals for Toews and Kane don't kick in until next year.

"It's obviously a puzzle to put together, but we're going to make it work," Bowman said. "We've been able to do that in the past and I have a lot of faith in the ability to keep that going."

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

See the full instructions on Metro's Voices page.



Horoscopes by Sally Brompton

Aries

March 21 - April 20

You may be tempted to be nice for what you can get out of someone but do you have to be so mercenary? Put others first and be genuinely interested in what they're doing.

Taurus

April 21 - May 21

You are entitled to enjoy yourself and there is no reason why you should feel guilty just because some people have not been as lucky as you.

Gemini

May 22 - June 21

You will get the chance to do things for loved ones today but make sure they don't take advantage of you. Also, being of service does not mean you can't have fun as well.

Cancer

June 22 - July 23

You know you can get what you want but that does not give you the right to take as you please. If you go to extremes now, you will have to pay for it later.

Leo

July 24 - Aug. 23

Someone has been taking liberties and you need to confront them about it. If you leave it longer they may get the impression that they can take from you as and when they please.

Virgo

Aug. 24 - Sept. 23

You may have strong opinions but remember that not everyone sees things the same way. Make an effort to find out what other people think.

Libra

Sept. 24 - Oct. 23

Treat what happens over the next few days as an opportunity for advancement. And treat people you meet as potential friends and allies.

Scorpio

Oct. 24 - Nov. 22

This is the ideal time to let your mind wander because it will lead you in new directions. For inspiration, connect with those who make you feel good.

Sagittarius

Nov. 23 - Dec. 21

The next few days will bring surprises. It's not often you are this lucky so make the most of it and don't think there is some kind of catch. There isn't.

Capricorn

Dec. 22 - Jan. 20

The only way you are going to get what you desire is to communicate with those who can help. Co-operate with them fully and make sure their and your needs are catered to.

Aquarius

Jan. 21 - Feb. 19

If you're motivated by greed, you are unlikely to get what you desire. If, however, you are driven by a genuine desire to help others you will succeed beyond your wildest dreams.

Pisces

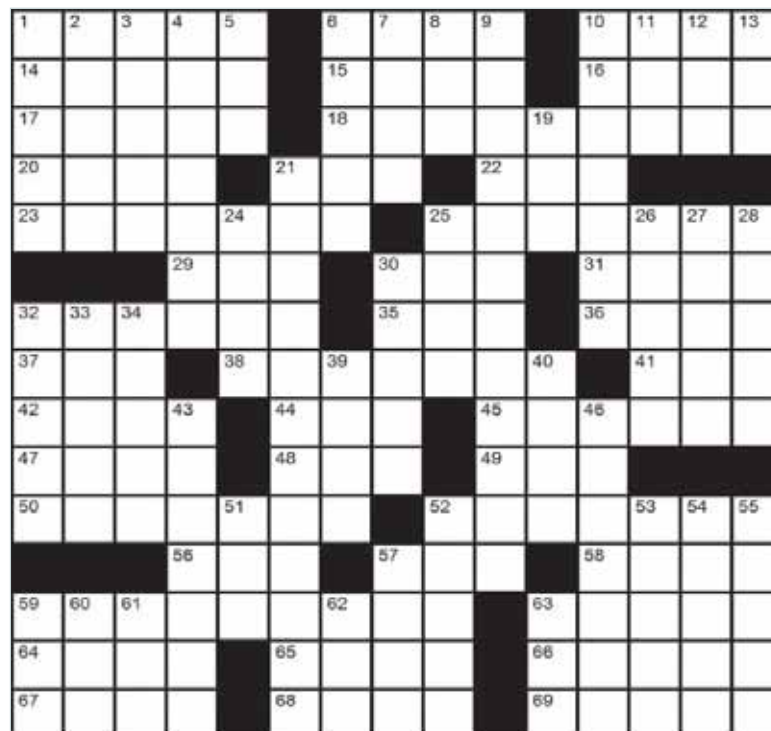
Feb. 20 - March 20

The cosmic omens are so good that you no doubt think you can do as you please. To a certain extent that is true but you should do things for other people as well.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Parks Canada mascot
6. Egg: French
10. Guzzle
14. Do well on the test: 2 wds.
15. ___ (Play's opening)
16. English river
17. Canadian series, "Due ___"
18. Home reno show's ending: 2 wds.
20. Yes x 2: Spanish
21. My own: Latin
22. Hydrocarbon suffix
23. 'Them', to Us
25. Name and ___
29. Botanist Mr. Gray
30. Uncooked
31. Dud
32. Tom Cruise vampire
35. Abu Dhabi is its cap.
36. Lucy Lawless role
37. Wrath
38. Northeast Saskatchewan town; or, actress Ashley
41. Ford fabrication
42. Alice's port-tray on "The Brady Bunch", ___ Davis (b.1926 - d.2014)
44. Stitch
45. Brilliance
47. After-Q queue
48. TV's "Mad ___"
49. 'E' in BCE
50. Entrepreneur's new venture



52. Banned basement businesses, briefly
56. Long-snouted fish
57. Moscow's locale, briefly
58. Retro toy, ___ Bat
59. Cereal brand
63. Bill ___ "Saturday Night Live" alum
64. Klutz's shout!

65. Louisiana, par exemple
66. Plaudit
67. Nice names?
68. Count on
69. Slangly-spelled agendas

3. Reduce. ___ Recycle.
4. British Columbia port city, 'A Marvel of Nature and Industry'
5. Football player, e.g.
6. Hall & ___
7. Canyon feedback
8. Sport-___ (All-purpose vehicle)
9. The ___-___ (1969

- novel by Canadian author Margaret Laurence)
10. Canadian makeup company, ___
11. Shade
12. Can. neighbour
13. Collective Soul song
19. Finish

21. Song by British band The Smiths that goes: "And the flesh you so fancifully fry / Is not succulent, tasty or kind...": 3 wds.
24. Time ___ a premium
25. Stuck keyboard letter
26. Put into office
27. Navigational aid-at-sea
28. Fifth wheel
30. Uniquely-spelled song by California band LIFE
32. "Pretty Little ___"
33. Surrealist artist Max
34. Austrian actress Ms. Berger
39. Percolate
40. Continental currency
43. Michael ___ (Regina-born actor/tenor)
46. Canadian Rockies range, ___ Range
51. Smidgen
52. Like the wind sometimes
53. George Gershwin co-composed tune: "Tee-___-Un-Bum-Bo"
54. Really request
55. Classifies
57. Authentic
59. Michael, to Kirk
60. Boo-___ (Sniff!)
61. Circling stat.
62. 'Favour' suffix
63. She's-not

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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